

Medicinal properties of Milk products, Dry fruits, Oil, etc.

(English)

Authors

Doctor & Vaidyacharya, Sadguru Vasant Balaji Athavale

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(‘Sainthood’ or ‘Stage of a Guru’ denotes 70-79 % spiritual level, ‘Stage of a Sadguru’ denotes 80-89 %, ‘Stage of a Paratpar Guru’ denotes 90% and above, whereas ‘God’ denotes 100% spiritual level.)

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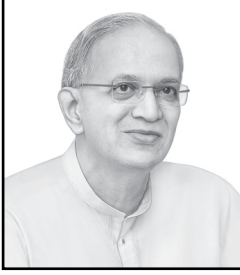


Sanatan Sanstha

- Sanatan's Texts on Ayurveda ●

Read, put into practice and get rid of any disease from its source !

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale, Founder of Sanatan Sanstha

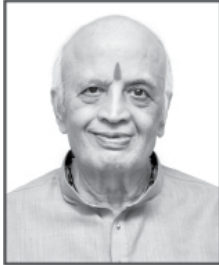


1. Established 'Sanatan Sanstha' to propagate Spirituality.
2. Proponent of 'Hindu Rashtra' (Divine Rule) ^(Note) and commencement of its mission (Year 1998).
3. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 124 seekers have become Saints and 1,093 seekers are progressing towards Sainthood as of 11.6.2023.
4. Creation of unique Spiritual texts on various topics.
5. Research on spiritual remedies for physical, psychological distress and that caused by negative energies.
6. Research using scientific instruments on religious rituals and events that are beyond the comprehension of the intellect.
7. Presenting the research conducted on sattvik Art-forms.
8. Founder-Editor of fiery Hindu Periodical 'Sanatan Prabhat'.
9. Uniting and guiding Saints, Sects, devout Hindus, etc. so as to establish the 'Hindu Rashtra'.
10. Recognising the coming dreadful times, guiding and preparing Texts to protect lives.

(Note : हीनञ्च दूषयत्येव हिन्दुरित्युच्यते प्रिये ।, meaning - One who eliminates the inferior *Raja-Tama* components in himself is a Hindu. A Nation of such *sattvik* people is called 'Hindu Rashtra'.)

(For complete introduction, visit - www.Sanatan.org)

Introduction to Authors



Sanatan Sanstha's Sadguru, Doctor & Vaidyacharya Vasant Balaji Athavale

[M.D. (Paediatrics), D.C.H., F.A.M.S.]

Sadguru (Dr) Vasant Balaji Athavale was a renowned Paediatrician. He founded the Paediatrics Department in 1959 in Lokmanya Tilak Mahanagarpalika Hospital, Mumbai. He was Professor and Head of this Department from 1960 to 1990. He was the Chairman of the 'International Conference on Alternative Medicine' in Bangkok in 1980. In 1996, He received the international honour for the 'Best author of books on Ayurveda'. In 2001 and in 2012 respectively, He was honoured with the 'Lifetime Achievement Award' in an International conference on 'Ayurveda and Hepatic Disorders' and by the Indian Academy of Paediatrics.

1. The journey from being a seeker to becoming a disciple

A. Selflessness and the attitude of sacrifice, which are essential for spiritual practice : He started noting down higher level philosophical thoughts on Spirituality in 1980. He toiled day and night to create a vast treasure of knowledge on Spirituality. Very altruistically, He donated this treasure to Sanatan Sanstha in 1990, soon after it was established. This sacrifice, before He became a Saint, indicates the level of His spiritual practice and seekership. Due to His writings, Sanatan's Texts are now becoming inclusive in the true sense.

B. In 2004, He became a disciple of Sachchidananda Parabrahman (Dr) Athavale (A great Saint who is also His younger brother and the Founder of Sanatan Sanstha, the world-renowned spiritual organisation).

2. Attaining Sainthood

On 16.12.2012, He reached Sainthood due to His spiritual emotion, intense yearning, inquisitive nature and humility.

A. He attained Sainthood by performing spiritual practice through various Paths of Spirituality : Every person performs spiritual practice as per some path of Spirituality, becomes introverted, progresses spiritually and thus moves towards Sainthood. However, Dr Vasant Athavale attained Sainthood by performing spiritual practice as per Karmayoga (Path of action) by serving His patients, Jnanyoga (Path of knowledge) by writing Texts, Bhaktiyoga (Path of devotion) and Gurukrupayoga (Path of Guru's grace).

3. Active in seva for Sanatan's mission until His last breath

He kept performing satseva for Sanatan's mission until His last breath. When He came to know of Divine particles found in Sanatan's Ashram, He inquisitively studied the subject, contemplated on how to conduct research on this topic from a scientific perspective and gave His own suggestions.

He renounced His body on 9.11.2013 at the age of 80.

Dr Kamlesh Vasant Athavale

M.D. (Paediatrics), D.N.B., M.N.A.M.S.

F.A.A.P. (Paediatrics and Neonatology, USA)



The co-author, Dr Kamlesh V Athavale, is the son of Sadguru (Dr) VB Athavale. He has achieved success in examinations of M.D. (Paediatrics), D.N.B., M.N.A.M.S. (India) and F.A.A.P. (Paediatrics and Neonatology, USA).

He is working as a Neonatologist at the Duke University Medical Centre (USA). He is also Director of Neonatology at Nash General Hospital.

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Modern medical science studied various constituents of the human body as well as constituents of food (nutrients) that nurture the human body in detail, and provided us in-depth information on the proportion and functions of proteins, fats, carbohydrates, vitamins, minerals and water in all the nutrients.

Ayurveda, on the other hand, has conducted in-depth study of the qualities of each food item and has gone a step ahead and studied their subtle effects on the doshas of Vata, Pitta and Kapha; the seven tissues (plasma, blood, muscle, fat, bone marrow, nerves and reproductive tissues); and organs such as the heart, brain.

Ayurveda gives as much importance or rather greater importance to diet than medicines; this is precisely the reason why a Vaidya (Ayurveda Doctor) lays greater emphasis on dietary norms for maintaining health in case of general people and for recovery in case of patients. The logic is simple. As medication we take just one spoonful of syrup or a tablet; in comparison, our meal is quantitatively enormous. Ayurveda has identified and categorised the medicinal properties of food items and elaborated on their qualities.

Readers will get detailed information on all the categories in this Text as well as in the Text 'Medicinal properties of foodgrains, pulses, vegetables, fruits and spices', in this series. For in-depth knowledge of Dietetics, both the Texts are worth reading. These Texts are beneficial for not just Vaidyas, doctors and students, but for every individual. If one plans his/her diet after studying these Texts, he/she will be able to savour a



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long, healthy, constructive and happy life.

Our heartfelt prayer at the Holy feet of Deity of Annarasa, Bhagawan Shri Vishnu is - 'May everyone be blessed with the best form of food and thus, they get the taste of Brahmarasa and Bliss; so also, may reading and implementing the advised Dietetics help all evolve physically, psychologically and spiritually'.

- Authors

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The reason for the honorific Sachchidananda Parabrahman for Dr Jayant Athavale

As per the instructions of Saptarshi through Saptarshi *Jeevanadipatti*, Paratpar Guru (Dr) Athavale is being addressed as Sachchidananda Parabrahman (Dr) Athavale since 13.6.2022. The intent in the instruction is that everyone benefits from the Divine Principle in Him. - **H.H. Sandeep Alshi, Compiler of Sanatan's Texts (24.7.2022)**

Importance of good health

Ayurveda is considered to be the fifth Veda. Charaksanhita is the basic Text of Ayurveda. In this Text the following has been expressed for good health.

धर्मार्थकाममोक्षणाम् आरोग्यं मूलमुत्तमम् ।

– Charaksanhita, Sutrasthan, Adhyaya 1, Shloka 15

Meaning : Good health is the foundation to accomplishing the four Purusharthas - Dharma, Artha, Kama and Moksha.